

WHAT IS CLAIMED AS NEW AND DESIRED TO BE SECURED BY LETTERS  
PATENT OF THE UNITED STATES IS:

1. A neckrest for a chair having a backrest, the neckrest configured to be attached to a backrest shield of the backrest of the chair in a height-adjustable manner, the neckrest  
5 comprising:

a retaining rod being circular in cross-section and configured to be connected to the backrest shield via a movable connection so as to be tiltable by up to approximately 30° in a vertical plane vertically with respect to a backrest surface of the backrest;

a guide sleeve being circular in cross-section and being mounted on the retaining rod so as to be slidably shiftable by up to approximately 200 mm on the retaining rod.  
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2. The neckrest of claim 1, wherein the retaining rod includes a molding provided on a side of the retaining rod which is closest the backrest, the molding being seated in a housing having a recess, and the molding having a round surface which slides under pressure on a friction dampening device so as to achieve said articulated connection.

3. The neckrest of claim 2, wherein the friction dampening device is made of a polyurethane rubber or PUR material.  
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4. The neckrest of claim 1, wherein the guide sleeve includes roller bearing elements and a stop pin, the roller bearing elements aiding a sliding movement of the guide sleeve on the retaining rod, and the stop pin limiting a travel path of the guide sleeve on the retaining rod due to a stop on a stop lug of the retaining rod.  
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5. The neckrest of claim 1, further comprising a joint configured to connect the guide sleeve to a headrest, the joint including a rolling element and a fastening device.